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You're making great progress!

If you love training your booty and legs and want to make even more progress in that area, I have an amazing [30-day Booty and Legs Workout program](#) you can do from home if this is an area you'd like to focus on - be sure to check that out and add it to your routine!

30-Day Challenge Workout Nineteen: Posterior Chain Workout

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Workout

Format: do 3 rounds; do each move for 0:45, taking minimal rest as needed

1- Thigh Jacks

- this is similar to a jumping jack, but you're going to alternate jumping your feet in front of each other while your arms are low. cross your hands in front of you - alternate with leg/arm is in front of you each time you jump - land light on your feet - keep your core tight

2- Elevated Bridge Lifts

- lie on your back and elevate your feet on a box or step - lift and lower your hips, squeezing your glutes each time you come up and keep your core engaged - you can also lift your arms up each time you squeeze your butt - MOD - keep your feet on the ground

3- Triceps Dips

- with your body facing away from your box or step, put your hands on the edge - straighten (or bend) your legs and begin to dip down, activating your triceps - keep your chest open and elbows parallel to each other, not splaying out - MOD - bring your feet in and bend your knees; you can also do these with your hands on the ground rather than elevated.

4- Swimmers

- lie on your stomach with your arms and legs fully extended - lift your arms and legs up and begin to paddle, alternating right leg, left arm up, then left leg, right arm like a swimmer. keep your lower back engaged.

5 - Single Leg Tabletops

- begin sitting on the ground with your legs extended in front of you, hands by your hips - dig your right heel down into the ground and allow it to lift your body, raising your left leg up, as your hips lift and right knee bends, activate your right hamstrings - lower back down with control and repeat on the left - MOD - drive both heels down, bringing yourself into a reverse tabletop with both feet on the ground.

6 - 3-Way Calf Raises

- stand with your feet about hip-distance apart - begin to quickly bounce onto your toes - switch positing and bring your heels together, toes out and repeat - switch again and bring your toes together and heels out - this move can be quick, but use control - MOD - hold on to a chair or wall to keep your balance and slow it down.

Need tech support or have a challenge question? Email support@thebettyrocker.com or reply to one of your challenge emails.

